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Casseroles Up to Date

Casserole cooking is probably as old as the Stone Age. Tho I doubt if the ornate much be-decorated casseroles of the present day would acknowledge those of the earlier period as even distant cousins. When one considers the wholesomeness and flavor of foods cooked en casserole it is a wonder we have so long neglected this mode of cookery. At any rate at the present time it is being revived with a vengeance. One can buy casseroles of every shape, size, color and variety of material. There are casseroles of earthenware, vitrified china, glass and aluminum-ware. From the standpoint of cooking and durability the vitrified china ones are a good buy. They will not crack or craze. Glass ones are attractive looking and well suited to the cooking of most things, but they are not as satisfactory for meats as the others. It is difficult to cook slowly in aluminum casseroles; and as slow cooking is one of the chief features of casserole cooking they are not always satisfactory. After you purchase your casserole put it on in cold water and bring gradually to the boiling point, this lessens the risk of breakage. Always be careful to avoid very sudden changes of temperature.

Vegetables are especially delicious cooked in a casserole, and many of them such as onions, cabbage, brussels sprouts and cauliflower are more easily digested as well. Dried fruits are much better in flavor when they are cooked slowly in a casserole. Soak the fruit over night, drain, cover with fresh water and cook slowly until tender.

Almost any tough end of meat may be made tender and delicious in a casserole. The tough ends are rich in flavor, juices and nourishment and cooked this way they retain all three. Cut the meat in small pieces, brown quickly in any fat except butter, put in the casserole, add a little stock and any desired vegetables and seasoning, put the cover on tight and cook in a slow oven three or four hours. Serve directly from the casserole.

Potato Casserole

This dish calls for rather too many eggs to be of very great use at the present time, but file it in your home-made cook book until the hens relent.

- 1 pint mashed potatoes Yolks 4 eggs
1 tablespoon butter 1/4 cup cream

Add all the ingredients to the potato and beat thoroughly over the fire until the mixture is hot. Press it against the sides of a casserole, brush the potatoes carefully with white of egg and brown in a quick oven. Fill the center with a fricasse of chicken or rabbit or a bit of mutton or beef, stew and serve in the casserole.

Baked Stuffed Heart

Baked heart makes a nice change. Lamb and calves hearts are especially good and do not require as long cooking as beef heart. Savory or sage may be substituted for the parsley in the following recipe:

- 1 beef heart or 2 calves' hearts 1 tablespoonful of chopped parsley
2 cupfuls of bread-crumbs 1 tablespoonful of butter

Salt and pepper to taste

Carefully remove all membranes and veins from the inside of the heart, and let it stand on its base in salted water for half an hour to draw out the blood. Then wipe it dry and stuff it. Melt the butter and add it to the breadcrumbs, with the parsley, salt, pepper and two tablespoonfuls of water. Stuff the heart tight and tie a breadcrust across the top to keep in the stuffing.

Put in the casserole with a little water and bacon dripping, cook slowly for three hours if a beef heart, one and a half hours for lamb or calves heart. If liked remove cover the last half hour to brown heart. Make a gravy of the dripping in the dish. Do not let the contents of the casserole boil, a gentle simmer gives the best results.

Chicken en Casserole.

- 1 small fowl or chicken Nutmeg
1 cup breadcrumbs Thyme
1/4 cup cooked ham Onion juice
2 egg yolks 2 carrots
1 cup milk 2 onions
1/4 cup uncooked rice Salt
1 pint water Flour

Prepare the fowl for stuffing. Detach legs and wings. Bone the legs by running a thin sharp knife around the bone and loosening the skin at the joint. Make a stuffing of the breadcrumbs, ham, egg yolks, onion juice, salt, thyme and nutmeg, moisten with the milk and stuff

the legs and the body of the fowl with this mixture. The egg yolks may be omitted and savory or sage used as seasoning. Roll the fowl, legs and wings in flour and brown in some dripping, the yellow fat from the chicken answers the purpose well. Place the chicken in casserole, add the carrots diced, the onions sliced, rice and water. Cover tightly, set in oven and cook slowly for two hours. Chicken will not take so long.

Mrs. I. Mc.

Pork Chops With Tomato

- 6 good-sized pork chops 2 teaspoonfuls salt
1 1/2 cupfuls sliced onions 1 teaspoonful pepper
1 cupful water 1 pint canned tomatoes
- Flour the chops and fry them till slightly browned; cover the onion and pour over the water, put in casserole and simmer for half an hour. Add the tomatoes and bake thirty minutes more in a moderate oven.

Mrs. T. S. L.

Scalloped Potatoes

A casserole is an excellent thing in which to scallop potatoes. And there is nothing that tastes quite as good with cold meat in winter as scalloped potatoes.

- 1 quart potatoes 1 small onion
1/4 teaspoon salt 1 tablespoon butter
1 pint milk A little flour

Peel and slice raw potatoes, add layer about with a little chopped onion or onion juice, sprinkle each layer with flour. Sprinkle with salt and dot with butter and bake for one hour or until potatoes are tender. Remove the cover toward the last to brown the potatoes.

Potatoes a la Riley

- 1 quart raw potatoes A piece of salt pork
1/4 pint thick cream 2 by 1/4 by 1 inches
1 pound strong cheese Salt and pepper
1 small onion

Cut pork fine and fry out fat. Dice potatoes about three-eighths of an inch square and mix with chopped onion, salt and pepper. Break up cheese in small pieces, put on top of potatoes, then pour over them the cream and pork fat. Chopped red pepper may be substituted for black pepper. Bake two hours in wood or coal oven, or one hour in a gas-oven. Keep covered until potatoes are done, then remove cover and brown.

Mrs. R. C. B.

Lima Beans en Casserole

A casserole is a sort of glorified bean pot after all, and many substitutes for meat may be concocted from the various kinds of beans and a little pork or bacon dripping.

- 2 cups lima beans 1/4 pound salt pork
1 onion 1 carrot
1/4 teaspoon salt A little pepper
1 tablespoon butter

Soak the beans overnight, drain, put in a casserole dish and sprinkle with the salt and pepper. Cut the pork into small pieces, dry out and strain. To this add the onion sliced and the carrot cut in cubes, stir until the vegetables are browned. Add to beans, dot with butter and cover to half the depth with water. Cook in a slow oven several hours until beans are soft. If possible cook beans in soft water. They soften much more readily then they do in hard water.

Baked Indian Pudding

Corn meal makes a very excellent and inexpensive pudding and usually appeals to the children.

- 1 quart milk 3 tablespoon Indian meal
2 tablespoon butter 1 cup molasses
1/4 teaspoon salt 1/4 teaspoon cinnamon
1/2 teaspoon ginger 2 eggs

Heat the milk in a double boiler, and add the corn meal gradually stirring constantly. Cook fifteen minutes. Add the butter, salt, cinnamon, ginger, molasses and the eggs well beaten. Turn into a buttered casserole, add another cup of milk and bake one hour or more.

Spanish Chicken

If one is afraid the chicken won't go "around" it may be helped out and in fact improved by the addition of macaroni.

- 1 chicken 2 tablespoon onion
1 pint tomato 1 ounces of macaroni
2 tablespoon butter Salt and pepper

Disjoint the chicken and put in a casserole dish. Boil the macaroni for fifteen or twenty minutes and put over the chicken. Put the butter in the sauce pan, add the onion, cook but do not brown, add the tomato and a dash of red pepper, pour over the macaroni. Cover and bake slowly one hour. Serve in the dish.

The Country Cook.